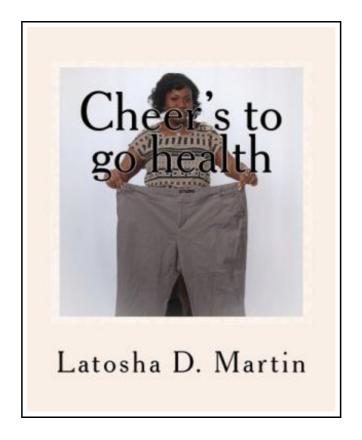
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Reviews

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(Alec Langosh)

CHEER S TO GO HEALTH (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ****** Print on Demand ******.Now that I have drop some major pounds and became a Nutritional Therapist. I think its time to help ours become more healthier. I feel like a new person, in fact I am a new person. Changing my lifestyle has not only effected my appearance, it has effected something from within. I know first hand how it feels to be over weight. I have struggled with my weight since middle school. Some of us are genetically born with fat cells. Which means we will always have to watch our food intake. I made up in my mind, heart and soul that I want to live a long fruitful life. No weight loss journey is easy. Take it 1 day and 1 pound off at a time. It s no tea, pill, or drink that can keep the weight off once you lose it. You have to change you lifestyle and eating habits to maintain your weight loss. Everyday is a struggle for me. I struggle to eat healthy when everyone around is eating junk food. I struggle with going to the gym to workout for 2 hours. I have come to far to give up now so I m going to push through . Join me on this journey and remember good health is your wealth.

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